



### Product Spotlight: Lime

Before cutting, roll the lime between your palm and bench top, tenderising the fruit and making it easier to juice!



## Chinese Crispy Beef Noodles

Thin egg noodles dressed with sesame oil and lime, topped with beef mince cooked with Chinese five-spice and served with stir-fried garlic vegetables.



30 minutes



2 servings



Beef

## Toss it together!

*You can stir-fry the noodles, beef mince and vegetables in one pan if preferred! Pour the sauce over at the end and garnish with fried shallots.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	43g	24g	69g

## FROM YOUR BOX

EGG NOODLES	150g
GINGER	1 piece
LIME	1
ASIAN GREENS	1 bunch
RED CAPSICUM	1
CARROT	1
GARLIC CLOVE	1
SHALLOT	1
BEEF MINCE	300g
FRIED SHALLOTS	1 packet

## FROM YOUR PANTRY

sesame oil, soy sauce, Chinese five-spice

## KEY UTENSILS

large frypan or wok, saucepan

## NOTES

The Asian greens can be sandy. Trim them and cover with water in a bowl to help remove excess sand.

**No gluten option** – egg noodles are replaced with rice noodles.



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### 1. COOK THE NOODLES

Bring a saucepan of water to a boil. Add **noodles** to boiling water and cook according to packet instructions or until al dente. Drain and set aside.



### 2. PREPARE THE SAUCE

Peel and grate **ginger**. Combine with **juice from 1/2 lime**, **1 tbsp sesame oil** and **1 tbsp soy sauce**. Set aside.



### 3. PREPARE THE VEGETABLES

Trim and slice **Asian greens** (see notes). Slice **capsicum** and cut **carrot** into thin crescents. Crush **garlic clove**.



### 4. COOK THE VEGETABLES

Heat a large frypan or wok over medium-high heat with **sesame oil**. Add **carrot** and cook for 2 minutes. Add **remaining vegetables** and **garlic**. Season with **1/2 tbsp soy sauce** and **pepper**. Cook for a further 2 minutes. Remove to a plate and keep pan on heat.



### 5. COOK THE BEEF

Slice and add **shallot** along with **beef mince** and **1/2 tsp Chinese five-spice**. Cook for 6–8 minutes until crispy. Season with **soy sauce** to taste.



### 6. FINISH AND SERVE

Toss cooked **noodles** with **prepared sauce**. Top with **crispy beef** and **vegetables**. Garnish with **fried shallots**.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0440 132 826** or send an email to **hello@dinnertwist.com.au**

